

# Grenfell Support News

## OK not to feel OK visits the Grenfell NHS Health and Wellbeing Service



Some people who have been affected by Grenfell may experience a range of unpleasant feelings that can appear suddenly or change rapidly; sometimes feelings may seem out of control; sometimes you feel very alert, jumpy and unable to settle. Other times you may experience sadness or depression, making you feel low. These can be symptoms of trauma.

It's important that you and the people you care about know that when these feelings strike there are steps you can take to help you cope with them.

One very easy step you can take is referring yourself to The Grenfell NHS Health and Wellbeing Service. This service is there to help anybody who has been affected by the Grenfell tragedy and is suffering with the feelings they are experiencing.

The borough-wide **#OKnottofeelOK** campaign visited the service at one of its bases at St Charles' Centre for Health and Wellbeing to meet the staff who provide support and to find out a little bit more about what's available to service users.

The staff were pleased to back the **#OKnottofeelOK** campaign and showed

their support in a short video that you can find on our social media channels ([www.twitter.com/grenfellsupport](https://www.twitter.com/grenfellsupport)) ([www.facebook.com/grenfellsupport](https://www.facebook.com/grenfellsupport)). In this video, the team talks a little bit about their roles and what they do day-to-day to support members of the community.

If you feel like you or someone you know would benefit from the services provided by the Grenfell NHS Health and Wellbeing team, visit their website to find out more and self-refer yourself if you feel it necessary [www.grenfellwellbeing.com](http://www.grenfellwellbeing.com). To find out about alternative local support services available to you, visit the **OK not to feel OK** website: [OKnottofeelOK.org](http://OKnottofeelOK.org).

You can also find a range of NHS self-help guides on this website.

The Grenfell NHS Health and Wellbeing Service can be reached by phone on **020 8637 6279** or by email on [grenfell.wellbeing@nhs.net](mailto:grenfell.wellbeing@nhs.net). There is also a daily drop-in you can attend at **The Curve (10 Bard Road, W10 6TP)**. The Curve can be contacted on **020 7221 9836**.

If you need help urgently, call **999**.

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### A proud moment for RBKC A level students

A big congratulations to all the students across the borough who received their A level results this week. We hope that the hard work you put in has paid off and will open doors to a successful and enjoyable future for you. Best of luck also to all those waiting for their GCSE results on Thursday.

Kensington Aldridge Academy (KAA) have impressed with their first set of A level results, 62 per cent of all results were A\* to B and 99.6 per cent of students secured A\*-E. Almost all students that applied have been able to secure a university place.

Full results from across the borough were not available at the time this newsletter went to print.

They will be available online when released: **@RBKC @GrenfellSupport**



## Activities programme at The Curve Community Centre

### Monday 20 August

- **10.30am-12noon** – Freestyle dance with James for ages six to 11 (drop-in)
- **12.30pm-2pm** – Freestyle dance with James for ages 12 plus (drop-in)
- **1pm-3pm** – Total Family Coaching – partner support: communication skills, giving and receiving feedback, casual conversations, supporting each other when problem behaviour occurs, problem-solving, improving relationship happiness. Book your place at [info@totalfamilycoaching.co.uk](mailto:info@totalfamilycoaching.co.uk)
- **2pm-4pm** – Artspace clay puppet-making workshop for ages 12 to 16 with Matteo Merla and Sally Anderson (drop-in)
- **2pm-4pm** – Grenfell Support Services – drop-in advice and guidance for all

### Tuesday 21 August

- **10am-3pm** – Fouzia's Sewing Club – drop-in sewing club for all, grow your skills, knit and natter
- **10.30am-12.30pm** – CV workshop and job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **10.30am-12noon** – Performing Arts with Nath from Motown the Musical for ages six to 11 (drop-in)
- **12noon-1pm** – Come along to our Family Reading Group. Come and read, share, craft and play at these friendly, welcoming sessions. This group is geared towards kids aged five to 10 and their families, however, kids of any age are welcome to join in. Contact Erin on **07483 972020** or [erincarlstrom@thereader.org.uk](mailto:erincarlstrom@thereader.org.uk) if you would like to find out more.

- **12.30pm-2pm** – Performing arts with Nath from Motown the Musical for ages 12 plus (drop-in)
- **5pm-7pm** – Arabic language classes for ages seven plus (booking required, email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk))

### Wednesday 22 August

- **10am-12noon** – World coffee morning – free and open to all for a coffee and a chat
- **10.30am-12.30pm** – CV workshop and job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **1pm-2.30pm** – Parenting seminars – open to parents of children aged two to 16. This week: Raising competent teenagers (book your place at [info@totalfamilycoaching.co.uk](mailto:info@totalfamilycoaching.co.uk))
- **1pm-5pm** – Drug and alcohol support session (drop-in)
- **2pm-4pm** – Artspace clay puppet-making workshop for ages 12 to 16 with Matteo Merla and Sally Anderson (drop-in)
- **2pm-4pm** – Denim upcycling – Come and learn how to turn an old pair of jeans into something new. You can learn how to turn your jeans into a new handbag, a pair of shorts or even a new skirt. For young people aged 12 plus (drop-in)



### Thursday 23 August

- **10.30am-12noon** – Freestyle dance with James for ages six to 11 (drop-in)
- **12.30pm-2pm** – Freestyle dance with James for ages 12 plus (drop-in)
- **5pm-7pm** – Arabic language classes for ages seven plus (registration is required, please email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk))
- **Time TBC** – Bowling and ice skating at Queensway for young people aged 12 plus. Only 15 places available on a first come, first served basis. Deposit of £5 required. For information on this, call The Curve on **020 7221 9836** or drop-in the centre to enquire in person. Places are not guaranteed without prior booking.



### Friday 24 August

- **10.30am-12noon** – Performing arts with Nath from Motown the Musical for ages six to 11 (drop-in)
- **12.30pm-2pm** – Performing arts with Nath from Motown the Musical for ages 12 plus (drop-in)
- **2pm-4pm** – Artspace clay puppet-making workshop for ages 12 to 16 with Matteo Merla and Sally Anderson (drop-in)

### Saturday 25 August

- **Closed** due to Notting Hill Carnival

The opening times for the creche at The Curve are:

**Monday and Tuesday:**  
**9am to 3pm**

**Wednesday and Friday:**  
**10am to 5pm**

**Thursday:**  
**10am to 12noon**

To book a place in the creche, call **020 7221 9863** or email [TheCurve@rbkc.gov.uk](mailto:TheCurve@rbkc.gov.uk)

### The Curve to be closed over Carnival

The Curve will be closed to the public over the Carnival/Bank Holiday weekend (**Saturday 25 August to Monday 27 August**). Normal opening hours will return from **Tuesday 28 August**.

The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

**The Curve Community Centre, 10 Bard Road, London W10 6TP**

Some sessions need to be booked in advance to secure your place, so email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk) and they will confirm your reservation by return.



For a full list of events visit [grenfellsupport.org.uk/thecurve/events](http://grenfellsupport.org.uk/thecurve/events)

This information is provided weekly by The Curve Community Centre. For more information call **020 7221 9836**

## Improve your English at ClementJames

Want to improve your English language skills? The ClementJames Centre provides free “English for speakers of a foreign language” (ESOL) classes and an “IntoWork” programme for adults on a low income.

If you or somebody you know might be interested in being added to the waiting list for places on English, Maths or IT courses in September, contact Marie on **020 7221 8810** or drop in to the centre at **95 Sirdar Road, W11 4EQ**. For more information on the ClementJames Centre and the courses they offer, visit [clementjames.org](http://clementjames.org).



## Disability sport sessions at Kensington Leisure Centre

Kensington Leisure Centre and the RBKC Sports Team are offering inclusive sports and activity sessions for adults with disabilities. At whatever level you wish to take part, sport and physical activity is an enjoyable lifestyle choice. Being active is a great way to improve your health, clear your mind and put you into a better mood. Taking part in a sport or physical activity session is also a great way to build your confidence and meet likeminded people.

The free and low-cost sessions cover a range of activities including badminton, swimming with a qualified instructor (to promote cardiovascular activity), rebound therapy, yoga, gym club and more. If you or somebody you know would benefit from these inclusive activities, take a look at the website to find out more [bit.ly/2lgIX7V](http://bit.ly/2lgIX7V)

Kensington Leisure Centre is on **Silchester Rd, W10 6EX** and can be contacted on **020 3793 8210**.





## Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell tragedy is asked to contact the Met Police on **0800 032 4539**.

## Important contacts

### Cruse Bereavement Care

Call the Freephone helpline on

**0808 808 1677** or email

**helpline@cruse.org.uk**

The helpline is open **Monday-Friday** from **9.30am to 5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until 8pm.

### Replacement UK passports, visas or immigration queries

Call the Home Office advice line on **0300 303 2832**. The line is open 24 hours.

### Air quality and smoke exposure

If you have concerns about any symptoms, see your GP and mention Grenfell, they will be able to direct you appropriately.

### Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

### Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

**The Grenfell Muslim Response Unit** also offers additional support. Find out more by emailing **info@gmru.co.uk**

You can also get physical and mental support at **The Curve Community Centre**. Call **020 7221 9836**.

**Hestia and the Central and North West London NHS Foundation Trust** are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.



## Upcoming meetings

Residents welcome to attend.

### Leadership Team Meeting

Wednesday 19 September, 6.30pm  
Kensington Town Hall

### Grenfell Recovery Scrutiny Committee

Monday 15 October, 6.30pm  
Kensington Town Hall

### Full Council

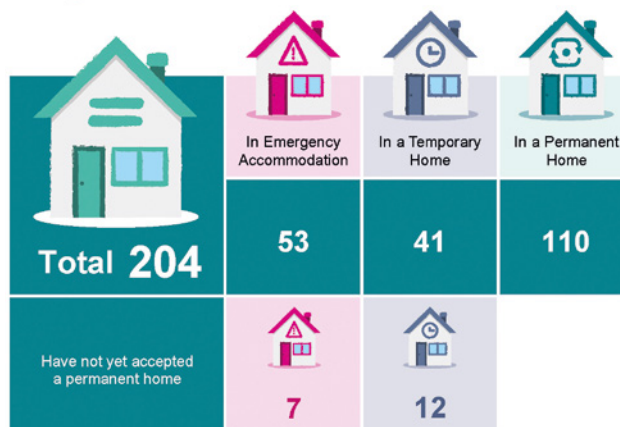
Wednesday 17 October, 6.30pm  
Kensington Town Hall

## Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

**16 August 2018**



## An update on Carnival

Respects will be paid to the victims, bereaved families and survivors of the Grenfell tragedy over the Notting Hill Carnival weekend (**Saturday 25 August to Monday 27 August**). Organisers and the local community are working together, with the support of the authorities, to ensure the following:

- A 72 second silence on both **Sunday** and **Monday** at **3pm**. There will be a two minute announcement in the lead up to the silence.
- A quiet space for reflection along the Bramley Road memorial sites
- The Lancaster West Estate will be closed to the general public
- Artworks and creative shows of solidarity and remembrance to be encouraged and led by the community

While Carnival is a hugely enjoyed and celebrated event across the borough and beyond, the Council is aware of certain disruptions that residents who live near the Carnival route experience. You can find out more about what the Council is doing to address these disruptions, as well as general information about Carnival such as maps, road closures, safety zones and travel information in the Notting Hill Carnival Residents' Handbook, available online here: **bit.ly/2vnLc4L**

The Curve Community Centre will be closed over the Carnival weekend (**Saturday 25 August to Monday 27 August**) reopening on **Tuesday 28 August** at **10am**.

Kensington Leisure Centre will also be closed on **Sunday 26 August** and **Monday 27 August**. Normal opening hours apply for **Saturday 25 August** and **Tuesday 28 August**.



# Notting Hill Carnival 2018



City of Westminster

